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reserve

SLOGANS

Green grow the groceries that give you health and strength.
Eat your cupboard bare, so there will be food for the hungry to spare.
A good figure reveals a good heart, reduce if you are overweight.
Toe the bread mark, eat the bread heel.
You can't eat your cake and feed the hungry too.
Have you the crust to waste the crust of the starving.
Fruit for dessert, bread for the hungry.
Food saved is food shipped to the hungry.
Can and preserve to preserve your health and their lives. (July, August, Sept.)
Plant a garden, preserve peace. (March, April, May.)
Fried foods give you more calories than you need, the hungry less than they need
If you don't fry, they might not die.
Is hunger hiding in your pantry? Don't hoard food. Use up pantry inventories.
Add the juice of a lemon, leave the salad oil for the hungry.
Eat abundant vegetables here, make bread available there.
Ten million bushels of wheat for the hungry - if everyone saves a slice of bread
a day.
Potatoes each day keep famine away.
How many children are found wanting when you weigh?
If you skip cake, they can eat bread.
Could someone live on what you leave?
Garbage over here, hunger over there.
Clean plate, clear conscience.
How many child's meals went into your garbage can today?
A half a loaf is better than one, if the other half goes overseas.
Don't starve, don't let others starve.
Famine feeds on what you waste.
Send food now or coffins later.
Praise the Lord and pass UP the second slice of bread.
We share our daily bread.
Give them this day PART of your daily bread.
Waste no food.
Cut down on the use of wheat products, fats and oils.
Re-use and salvage kitchen fats.
Keep up your garden.
Preserve food at home.
Give the hungry a break at breakfast - eat potatoes in place of toast.
Wheat or coffins.
Save a crust, save a life.
People who are starving die only once, save food.
Throw a lifeline overseas, throw nothing edible away.
They want what you waste.
Peace preservation begins with food conservation.
Eat wisely but not too well.
Think twice over the second slice.
Your waistline is their lifeline.
Is a human life worth a slice of bread?
You diet so they won't die.

Never in the history of the world have there been so many hungry people -
save wheat, fats, and oil.
Let them eat the bread of life, you eat potatoes every meal.
Eat less, waist less.
Steam, bake, broil, and boil, to save precious fat and oil.
First aid to the hungry, pass up the second helping.
Waste not, the hungry will want not.
Plant a garden, live at home, save a child abroad.
Preserve plentiful perishables, help preserve the peace.
Eat your cupboard bare before you buy more.
Pinch on pastry, so others won't be pinched for bread.
Eat, drink, but be merciful, share.
Stuff not while they starve.
Patty cake, patty cake, try a potato pancake,
Fry it in drippings you save in a can.
Plant peace seeds in your backyard victory garden.
Buy only what you need, don't chisel on the needy.
Vitamins in the foods you waste could keep others from want.
Your conscience needs Vitamin M for Mercy, share.
Grow your own groceries, plant a victory garden.
Can all you can.
Save a little, help a lot.
Eating on a budget? Eat the plentiful fruits and vegetables.
Shop in your backyard supermarket, the cheapest and best foods grown in
victory gardens.
Grow all you can, can what you grow.
What you ~~can't~~ eat today, don't let spoil tomorrow. Waste nothing.
The Lord preserves those who can and preserve.
Stop, think, and share - famine.
Slow down, hungry children ahead.
Save and the world eats with you, hoard and we eat alone, garden and we all have
more.
Fruits for you, wheat for the hungry, pass up pastry.
Fruit for dessert, bread for the hungry.
Breakfast, lunch and dinner, perfect spots for potatoes.
Life begins for them, if your meals end with fruit.
Good breakfasts for people of good will include potatoes.
Never mind the toast, serve the eggs on potatoes.
Bread is life.
Remember the invisible guest - the child that could have been yours.
The plea of 800 million hungry - save and ship food.
Conservation halts starvation.
Overweight? Eat less, live longer.
Save fats, save wheat, save lives.
Grow food, save food, share food.

TEXTS

Bread is life.

Save the wasted slice of bread.

Give two million people this day their daily bread.

One slice of bread of each loaf baked - 16 billion slices - wasted annually.

To save bread - reach for a potato instead of bread.

Potato salad instead of the second sandwich.

Serve eggs on potatoes instead of toast.

Eat the heel.

Serve half slices.

Save and use crusts and crumbs.

Eat, drink, but be merciful.

When you buy, prepare, or use food, remember every third person in the world is hungry.

FAT - 4082 calories to the pound,

100 calories to the tablespoon.

Fuel of life to those on 900 calorie a day diets.

1 million pounds can be saved each day, if everyone saves a teaspoon daily.

Don't fry, -bake, broil, or steam. Eat fruits for dessert instead of pastries.

Use vinegar, lemon juice or cooked salad dressing for salads.

Collect drippings. Scramble eggs in a double boiler, But only as needed.

A pound lost, a life saved.

If the overweight reduced, if the over-greedy ate no more than they needed -

America's full contribution to the famine could be saved and shipped.

If you plant gardens,

Eat home grown fruits and vegetables,

Put up foods for the winter,

You release food for shipment overseas.

Do you eat with a good heart - check yourself:

Yes	No	Do you eat no more than one slice of bread at a meal?
		Do you eat potatoes twice a day?
		Do you steam, bake, boil, or broil instead of frying?
		Do you buy no more than you need?
		Are you careful not to hoard food in your pantry?
		Do you eat fruit for dessert?
		Do you prepare no more than will be eaten?
		Do you save fat drippings and trimmings?
		Do you use up rendered fat before using new fat?
		Do you turn fats unfit to use to the butcher?
		Do you store food in covered glass jars or cans so bugs and rodents can't get to them?
		Do you serve half slices of bread?
		Do you eat the heel?
		Do you scramble eggs in a double boiler?

Garden and increase supplies of food to everyone,
Reduce the load on overburdened transportation facilities,
Balance food budgets by cutting down food costs,
Get more vitamins from garden fresh food,
Have fun and relaxation.

When you garden, grow enough to eat fresh and can,
Plan with your neighbor and swap,
Make successive plantings for continuous supplies of foods.
Stick with it, cultivate, keep down weeds and grass, fight bugs.
Count the cost, count the gain, figure what you saved.

Can and preserve abundant fruits and vegetables so that,
Your Victory garden feeds you the year around,
Your victory garden savings pay interest in winter meals,
Summer surpluses are not wasted,
You can help local school lunch programs,
You can share abundance with the hungry.

FRUIT AND VEGETABLE CALENDAR

For JANUARY - Plan your meal around these fresh fruits and vegetables: Green beans, broccoli, brussel sprouts, cabbage, carrots, celery, grapefruit, kale, lettuce, oranges, potatoes, spinach, tangerines.

Crowd these plentiful fresh fruits and vegetables into FEBRUARY: Asparagus, broccoli, cabbage, carrots, celery, grapefruit, kale, lettuce, oranges, potatoes, spinach, tangerines.

MARCH brings plentiful supplies of: Asparagus, broccoli, cabbage, carrots, celery, grapefruit, kale, lettuce, oranges, pineapples, potatoes, spinach.

APRIL gardens make these fruits and vegetables good buys: Asparagus, green beans, cabbage, carrots, celery, grapefruit, lettuce, green onions, oranges, pineapples, potatoes, radishes, spinach.

These fruits and vegetables in MAY menus will save you money and help fight famine too: Asparagus, green beans, beets, strawberries, cabbage, carrots, celery, cranberries, grapefruit, lemons, lettuce, green onions, oranges, green peas, pineapples, potatoes, radishes, rhubarb, spinach, summer squash.

JUNE grows these plentiful groceries: Asparagus, green beans, beets, blackberries, strawberries, carrots, cucumbers, lemons, lettuce, cantaloupes, green onions, green peas, peppers, pineapple, potatoes, radishes, rhubarb, spinach, summer squash, tomatoes.

For summer vitamins in winter, preserve and can plentiful JULY fruits and vegetables: Asparagus, lima beans, beets, blueberries, huckleberries, raspberries, carrots, green corn, cucumbers, egg plant, lemons, lettuce, cantaloupes, honeydew melons, peaches, green peas, peppers, plums, potatoes, radishes, summer squash, tomatoes, watermelons.

For economical AUGUST meals eat plentiful fruits and vegetables and can them for low cost winter meals: Lima beans, beets, carrots, green corn, egg plant, lettuce, honeydew melons, peaches, pears, green peas, peppers, plum potatoes, summer squash, tomatoes, watermelons.

Study these seasonally plentiful fruits and vegetables for school lunches and SEPTEMBER meals: Apples, lima beans, carrots, egg plant, lettuce, honeydew melons, dry onions, pears, peppers, plums, potatoes.

These abundant fresh fruits and vegetables give garden colors to brown OCTOBER days: Apples, lima beans, beets, broccoli, cabbage, cauliflower, carrots, grapefruit, grapes, lettuce, dry onions, parsnips, pears, peppers, potatoes, winter squash, pumpkin, sweet potatoes, turnips, rutabagas.

Plan your NOVEMBER Thanksgiving tables around these seasonally ample fruits and vegetables: Apples, green beans, broccoli, brussel sprouts, cabbage, cauliflower, carrots, celery, cranberries, grapefruit, kale, lettuce, parsnips, potatoes, spinach, winter squash, pumpkin, sweet potatoes, turnips, rutabagas.

Get your winter vitamins from these abundant DECEMBER fruits and vegetables: Green beans, broccoli, brussel sprouts, cabbage, cauliflower, carrots, celery, grapefruit, kale, lettuce, potatoes, spinach, winter squash, pumpkin, sweet potatoes, tangerines.

